



You Can Quit Tobacco.
We're ready to help.



Call the **FREE South Dakota QuitLine**
1-866-SD QUIT
(1-866-737-8487)
SD Relay/TTY 1-800-877-1113

South Dakota Department of Health
QUITLINE

Be a Quitter.

2X
two times
more likely to
QUIT TOBACCO
with coaching.

Call the **FREE South Dakota QuitLine**
1-866-SD QUIT
(1-866-737-8487)
SD Relay/TTY 1-800-877-1113



South Dakota Department of Health
QUITLINE

YOU can join these quitters!

If you've opened up this brochure, there's a good chance that you've tried to quit tobacco before. On your own. Maybe even more than once. Did you know there's free coaching from the South Dakota Department of Health that has been shown to double your likelihood of success!




Here's how the South Dakota QuitLine can help. You'll get access to:

- Free Quitting Tobacco Workbooks and Materials
- Discounts on Nicotine Withdrawal Products
- Free Professional Advice



When you call, your "quit coach" will help you create a personal plan to help you stop. Your coach will also schedule coaching sessions that are convenient for you. Then they will follow up at three, six, and twelve months. All by phone!

It works. And it can work for you. Or someone you love.

Call the South Dakota QuitLine, toll-free, 1-866-SD QUIT (1-866-737-8487).

Resource Details

QuitLine Brochure, 3.75"x8.5"

Audience: General

This brochure explains what the QuitLine can provide to help a person quit tobacco and how it can increase one's chances of success.

Where to Order

Online: www.state.sd.us/doh/catalog.htm

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 34

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

QuitLine Business Card, 3.5"x2"

Audience: General

This card gives the QuitLine number and states how the line can improve a person's odds of staying quit.

QuitLine Photo Frame Magnet, 3"x3.75"

Audience: General

This magnet separates to make a QuitLine magnet and a photo frame to hold a person's reason for quitting.

Where to Order

Online: www.state.sd.us/doh/catalog.htm

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

QuitLine Poster, 17"x8"

Audience: General

This poster includes a pad of tearoff sheets with the QuitLine phone number for a person to take with them.

Where to Order

Via email: DOH.INFO@state.sd.us

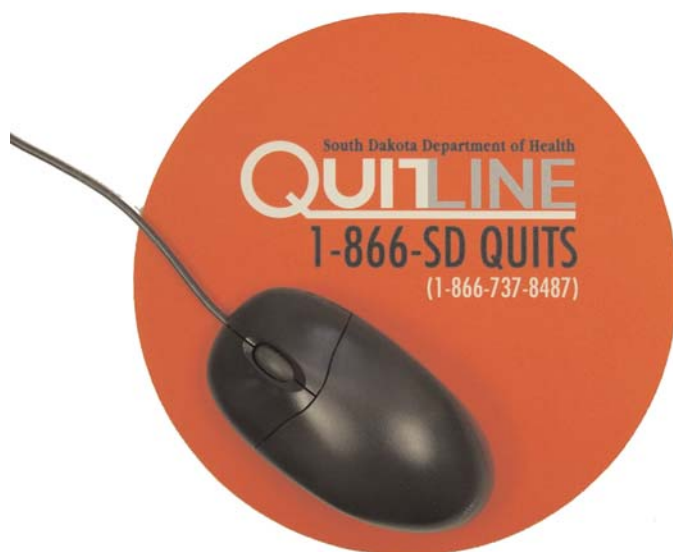
Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

QuitLine Mouse Pad, 8"
Audience: Worksites/General

General purpose circular mouse pad with QuitLine logo and phone number.

QuitLine Post-it Pad, 4x6"
Audience: Worksites/General

Use this office essential to write reminders and promote the QuitLine.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

QuitLine Tote Bag, 18"x5"
Audience: General

This tote bag is imprinted with the QuitLine logo.
Great for health fairs and other community events.

QuitLine Dental Bag, 8.5"x4"
Audience: Dental Offices

This bag can fit a QuitLine brochure and other
information to encourage dental patients to quit.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

QuitLine Napkins, 5'x5"

Audience: Bars, Restaurants, and other businesses

This napkin is a great way for restaurants and bars to promote the QuitLine to their employees and customers.

QuitLine Beverage Coaster, 3.5'x3.5"

Audience: Bars & Restaurants

This coaster is a great way for restaurants and bars to promote the QuitLine to their employees and customers.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467

Feel Like Quitting?

Feel Better

Soon after you have that last cigarette, your body begins a series of changes that continue for years.

- ▶ After 20 minutes your heart rate drops.
- ▶ After 12 hours the carbon monoxide level in your blood drops to normal.
- ▶ After 2 weeks to 3 months your heart attack risk begins to drop. Your lung function begins to improve.
- ▶ After 1 to 9 months your coughing and shortness of breath decrease.
- ▶ After 1 year your added risk of coronary heart disease is half that of a smoker's.
- ▶ After 5-15 years your stroke risk is reduced to that of a nonsmoker's.
- ▶ After 10 years your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- ▶ After 15 years your risk of coronary heart disease is back to that of a nonsmoker's.

Save Money

Smoking is an expensive habit and quitting can save a lot of money. The average smoker smokes about a pack per day and the average spit tobacco user goes through about a can per day. If the average pack of cigarettes or a can of chew in South Dakota is about \$3.50, can you guess the cost?

▶ Cost after 1 year = \$1,277.50	▶ Cost after 20 years = \$25,550.00
▶ Cost after 10 years = \$12,775.00	▶ Cost after 40 years = \$51,100.00

Hard to believe? Just imagine all the money you'll save once you've quit. What else would you do with all that money?

Help the Ones You Love

When you quit you also improve the health of those around you - family, friends and pets.

- ▶ Secondhand tobacco smoke is linked to a variety of problems for nonsmokers, such as lung cancer and heart attacks.
- ▶ Secondhand smoke is also linked with sudden infant death syndrome (SIDS), asthma, bronchitis, and pneumonia in young children. These illnesses can be costly because of clinic visits, hospitalizations, medications, and time away from work.

Free Help is Available

If you're ready to quit, the South Dakota QuitLine can double your chances of success. Call toll-free to speak with a 'quit coach' and get discounts on nicotine withdrawal products and free quitting workbooks and materials. It's free, it's confidential and it works!

South Dakota Department of Health

QUITLINE

1-866-SD QUILTS

(1-866-737-8487)

South Dakota Department of Health - March 2009

Resource Details

Employee Poster, 8.5"x11"

Audience: Worksites and Schools

This poster lists the health and monetary benefits of quitting tobacco. Great for employers that want to promote the QuitLine as a resource to their employees who want to quit.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467

QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—

You Can Quit Smoking

SUPPORT AND ADVICE FROM YOUR CLINICIAN

A PERSONALIZED QUIT PLAN FOR: _____

WANT TO QUIT?

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- Many people try 2 or 3 times before they quit for good.
- Each time you try to quit, the more likely you will be to succeed.

GOOD REASONS FOR QUITTING:


- You will live longer and live healthier.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke, or cancer.

TIPS TO HELP YOU QUIT:

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- Ask your family, friends, and coworkers for support.
- Stay in nonsmoking areas.
- Breathe in deeply when you feel the urge to smoke.
- Keep yourself busy.
- Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:

- At \$3.00 per pack, if you smoke 1 pack per day, you will save \$1,100 each year and \$11,000 in 10 years.
- What else could you do with this money?

 U.S. Department of Health and Human Services
Public Health Service
ISSN 1530-6402

(over)

FIVE KEYS FOR QUITTING	YOUR QUIT PLAN
1. GET READY. <ul style="list-style-type: none"> ➤ Set a quit date and stick to it—not even a single puff! ➤ Think about past quit attempts. What worked and what did not? 	1. YOUR QUIT DATE: _____
2. GET SUPPORT AND ENCOURAGEMENT. <ul style="list-style-type: none"> ➤ Tell your family, friends, and coworkers you are quitting. ➤ Talk to your doctor or other health care provider. ➤ Get group, individual, or telephone counseling. 	2. WHO CAN HELP YOU: _____
3. LEARN NEW SKILLS AND BEHAVIORS. <ul style="list-style-type: none"> ➤ When you first try to quit, change your routine. ➤ Reduce stress. ➤ Distract yourself from urges to smoke. ➤ Plan something enjoyable to do every day. ➤ Drink a lot of water and other fluids. 	3. SKILLS AND BEHAVIORS YOU CAN USE: _____
4. GET MEDICATION AND USE IT CORRECTLY. <ul style="list-style-type: none"> ➤ Talk with your health care provider about which medication will work best for you: ➤ Bupropion SR—available by prescription. ➤ Nicotine gum—available over-the-counter. ➤ Nicotine inhaler—available by prescription. ➤ Nicotine nasal spray—available by prescription. ➤ Nicotine patch—available over-the-counter. 	4. YOUR MEDICATION PLAN: Medications: _____ Instructions: _____
5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS. <ul style="list-style-type: none"> ➤ Avoid alcohol. ➤ Be careful around other smokers. ➤ Improve your mood in ways other than smoking. ➤ Eat a healthy diet and stay active. 	5. HOW WILL YOU PREPARE? _____

Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.

Followup plan: _____

Other information: _____

Referral: _____

Clinician

Date

Resource Details

You Can Quit Tearsheet for Smoking, 8.5"x11"
Audience: Health Care Providers

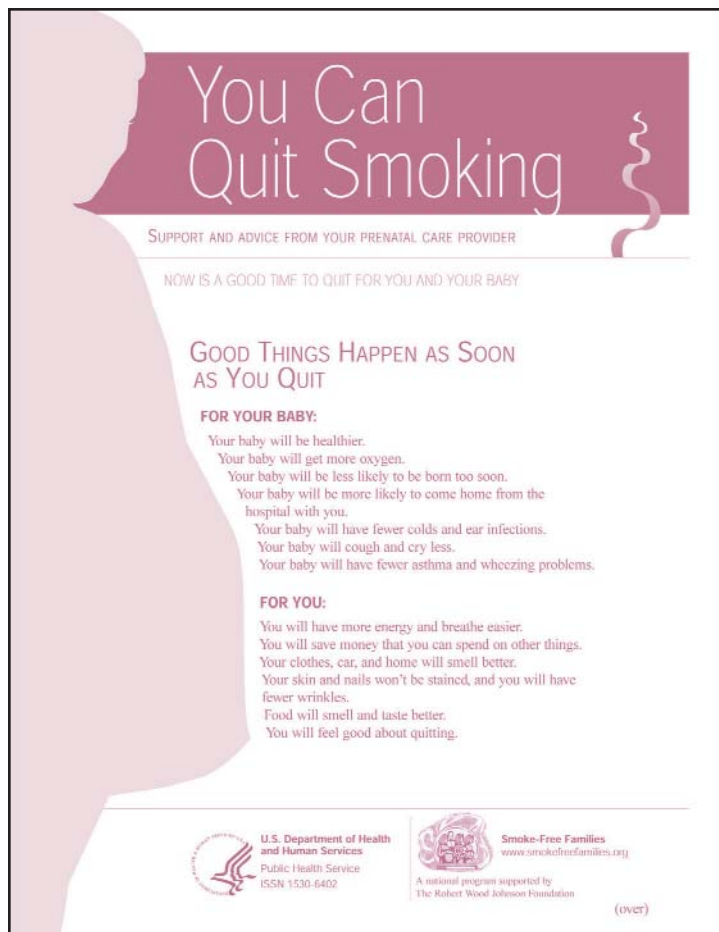
This sheet lists the health benefits and cost savings available to those who quit smoking. The sheets come in tear-off pads of 25, which provide an easy way to give patients clear, concrete advice to quit using tobacco as well as "take home" tips and referral information to help them.

Where to Order

Online: www.state.sd.us/doh/catalog.htm
Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523
Southeast Region- 605-339-1199 ext 341
Central Region- 605-224-6287
Western Region- 605-347-4467



KEYS FOR QUITTING

1. GET READY.

- ▶ Think about how quitting will help you and your baby.
- ▶ Set a quit date and stick to it—not even a single puff!
- ▶ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace. Make it hard to get a cigarette.
- ▶ Set up smoke-free areas in your home, and make your car smoke-free.

2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting and ask for their help.
- ▶ Ask smokers not to smoke around you.
- ▶ Talk to women who quit smoking when they were pregnant.
- ▶ Talk with your prenatal care provider about your plan to quit.

3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ Try to change some of your daily habits to lower your chances of smoking.
- ▶ Plan something fun to do every day.
- ▶ Practice new ways to relax.
- ▶ When you want to smoke, do something else: find a way to occupy your hands, your mouth, and your mind.
- ▶ Think about your reasons for quitting.

4. BE PREPARED TO HANDLE "SLIPS."

- ▶ If you "slip" and smoke, don't give up.
- ▶ People who quit after they "slip" tell themselves, "This was a mistake, not a failure!"
- ▶ Set a new date to get back on track.
- ▶ Remember that by quitting, you are protecting your baby's health and your own.

YOUR QUIT PLAN

1. YOUR REASONS TO QUIT:

YOUR QUIT DATE:

2. FRIENDS AND FAMILY WHO CAN HELP YOU:

3. SKILLS AND BEHAVIORS YOU CAN USE TO HELP YOU QUIT:

4. WAYS YOU CAN HANDLE "SLIPS":

YOUR PRENATAL CARE PROVIDER'S

Name: _____

Telephone number: _____

Next appointment date: _____

Quitting smoking is one of the most important things you can do for you and your baby.

Followup plan: _____

Other information: _____

Referral: _____

PNCP: _____ Date: _____

Resource Details

You Can Quit Tearsheet for Pregnant Women, 8.5"x11"
Audience: Health Care Providers

This sheet lists the health benefits and cost savings available to women who quit smoking. The sheets come in tear-off pads of 25, which provide an easy way to give patients clear, concrete advice to quit using tobacco as well as "take home" tips and referral information to help them.

Where to Order

Online: www.state.sd.us/doh/catalog.htm

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467

• Tobacco Use: (Check all that apply)		Date:
<input type="checkbox"/> Current	<input type="checkbox"/> Former	<input type="checkbox"/> Never
<input type="checkbox"/> Spit/Chew/Snuff	<input type="checkbox"/> Cigarette	<input type="checkbox"/> Other
• Assistance Provided:		
<input type="checkbox"/> Advised to quit		
<input type="checkbox"/> Meds Discussed		
<input type="checkbox"/> Quit Line Referral Faxed In		
<input type="checkbox"/> Other Referral Provided		
<input type="checkbox"/> Pt ready to quit		
<input type="checkbox"/> Pt not ready to quit at present		

Resource Details

Patient Chart Sticker, 3"x2"

Audience: Health Care Providers

This sticker helps a health care provider flag a patient chart for tobacco use and document any cessation assistance that is provided.

Where to Order

Via email: DOH.INFO@state.sd.us

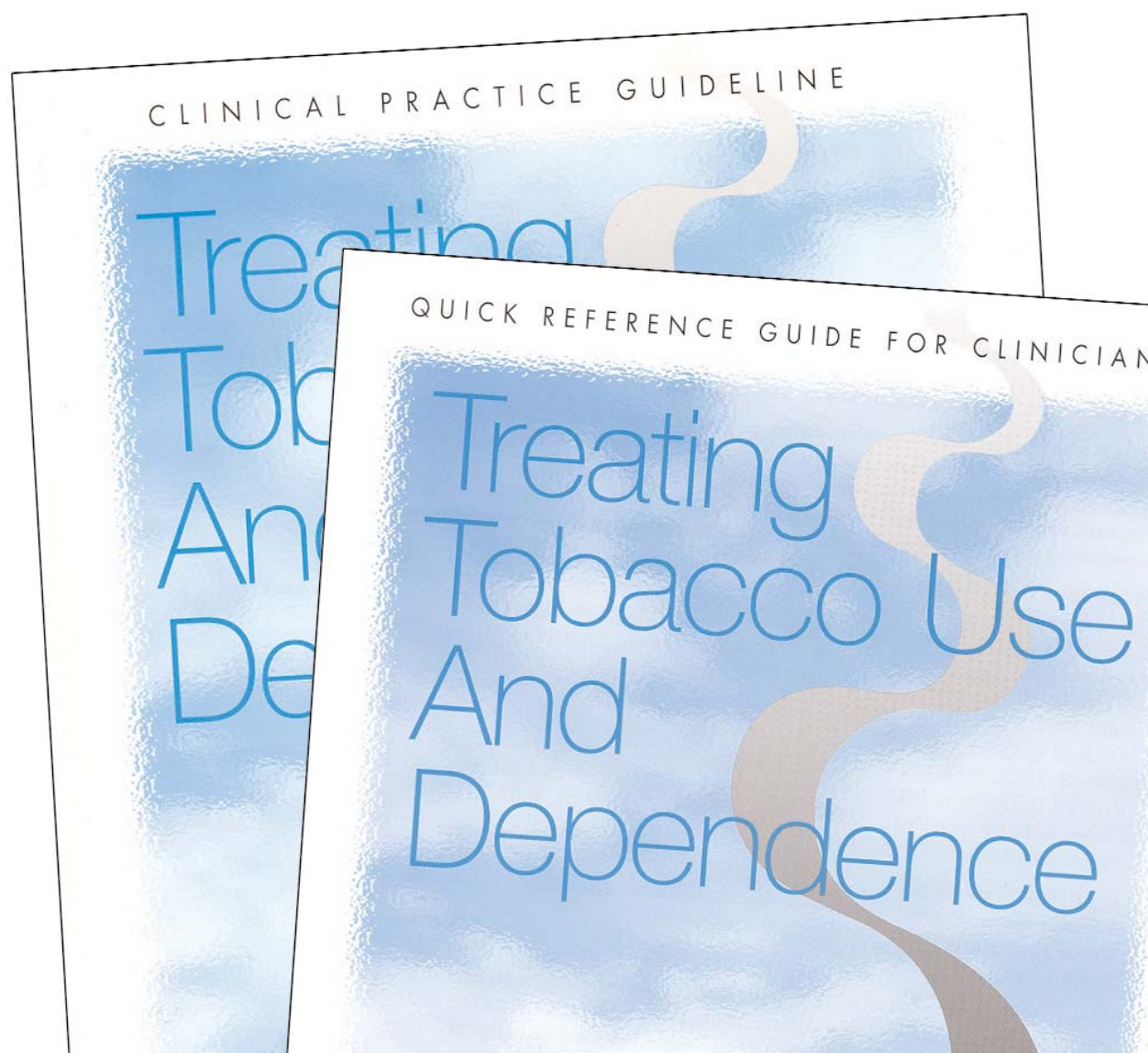
Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

Treating Tobacco Use and Dependence Clinical Practice Guide
Audience: Health Care Providers

This clinician's guide provides a comprehensive method for treating tobacco use and dependence. Includes research and pharmacologic information.

Treating Tobacco Use and Dependence Quick Reference
Audience: Health Care Providers

This quick reference provides clinicians with the information necessary to treat patients who use tobacco.

Where to Order

Via email: DOH.INFO@state.sd.us

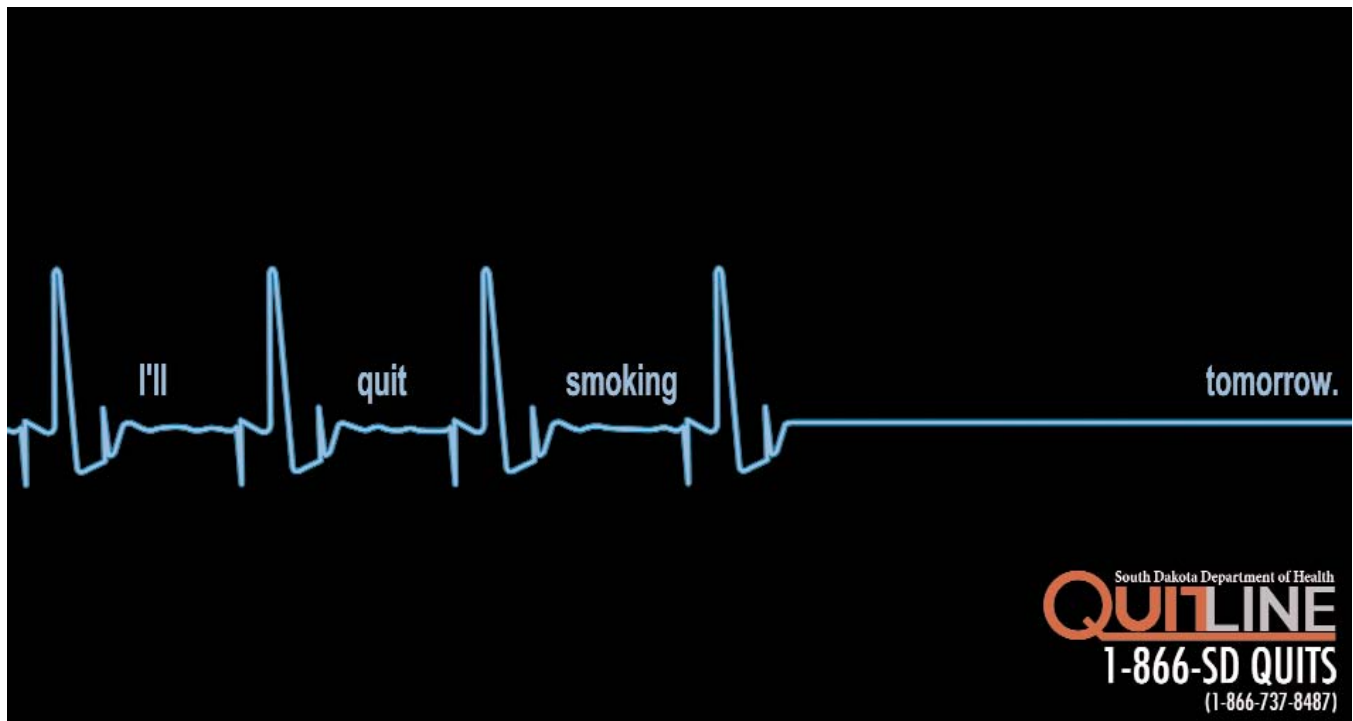
Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467



Resource Details

EKG Poster, 10"x19"
Audience: General

This poster emphasizes the devastating health effects of smoking and challenges smokers to quit.

Where to Order

Via email: DOH.INFO@state.sd.us

Or through your local Tobacco Prevention Coordinator:

Northeast Region- 605-884-3523

Southeast Region- 605-339-1199 ext 341

Central Region- 605-224-6287

Western Region- 605-347-4467